

2020-2021
Sunday Chanting



MABA

www.maba-usa.org

SUTRA OPENING VERSE

(Handa mayam buddhassa bhagavatô pubbabhaga-namakkaram karomase)

[Namô Tassa] Bhagavatô Arahâtô Sammâ Sambuddhassa

Namô Tassa Bhagavatô Arahâtô Sammâ Sambuddhassa

Namô Tassa Bhagavatô Arahâtô Sammâ Sambuddhassa

Homage to the Blessed One, the Worthy, Undefined One, the Perfectly

Self-awakened One.

The Dharma is deep and lovely.

We now have a chance to see it, study it, and practice it.

We vow to realize its true meaning.

The Heart Of Prajñā-Pāramitā Sutra

(The Heart of Prajñā-Pāramitā Sutra)

Bodhisattva Avalokiteśvara, while deeply immersed in Prajñā-Pāramitā,
clearly perceived the empty nature of the five skandhas, and
transcended all suffering.

Sariputra! Form is not different from emptiness,
And emptiness is not different from form.

Form is emptiness, and emptiness is form.

So it is with feeling, conceptions, mental formations, and consciousness.

Sariputra! All dharmas are empty in character;

Neither arising nor ceasing,

Neither impure nor pure,

Neither increasing nor decreasing.

Therefore, in emptiness, there is no form;

There is no feeling, conception, volition, and consciousness;

No eye, ear, nose, tongue, body, and mind;

No form, sound, smell, taste, touch, and dharmas;

No realm of vision, and so forth,

Up to no realm of mind-consciousness;

No ignorance, and no ending of ignorance, and so forth,

Up to no aging and death, and no ending of aging and death.

There is no suffering, no cause, no extinction, no path.

There is no wisdom and no attainment.

There is nothing to be attained.

By way of *Prajñā-Pāramitā*,

The bodhisattva's mind is free from hindrances.

With no hindrances, there is no fear;

Freed from all distortion and delusion,

Ultimate Nirvana is reached.

By way of *Prajñā-Pāramitā*,

Buddhas of the past, present, and future,

Attain the supreme enlightenment.

Therefore, *Prajñā-Pāramitā*,

Is the great powerful mantra,

The great enlightening mantra,

The supreme and peerless mantra.

It can remove all suffering.

This is the truth beyond all doubt.

And the *Prajñā-Pāramitā* mantra is spoken thus:

Gate gate paragate parasamgate bodhi svaha.

Three Refuges

(from the *Flower Ornament, Avataṃsaka Sūtra*)

(Now let us take the Three Refuges)

[To the Buddha], I go for refuge, wishing that all sentient beings
Understand the Great Way profoundly, and bring forth the Bodhi mind.

(Bow)

[To the Dharma], I go for refuge, wishing that all sentient beings
Penetrate the Sutra Treasury with wisdom as unfathomable as the ocean.

(Bow)

[To the Sangha], I go for refuge, wishing that all sentient beings
Form together a harmonious assembly, without any obstruction whatsoever.

(Bow)

Sharing The Merit

(Now let us chant the verses of Sharing the Merit)

Reciting the sutras, practicing the way of awareness,

Give rise to benefits without limit.

We vow to share the fruits with all beings.

We vow to offer tribute to parents, teachers, friends, and numerous beings,

who give guidance and support along the path.

May we end all afflictions,

So that understanding can arise.

The obstacles of unwholesome acts be dissolved,

And the fruit of awakening be fully realized.

Conclusion

Make three half-bows